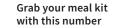


Cheesy Mustard Chicken Risotto with Leek & Lemon

NEW















Diced Chicken





Nan's Special Seasoning



Risotto-Style





Dijon Mustard



Stock Powder

Grated Parmesan Cheese





Prep in: 15-25 mins Ready in: 35-45 mins

Eat Me Early



Calorie Smart

Protein Rich

A hearty baked risotto is exactly what we're craving when the cooler weather hits, and this might be our favourite flavour combo yet. Chicken is browned and then slowly cooked in the risotto for ultimate tenderness. Leek and soffritto mix add subtle sweetness, while dijon mustard packs a punch with flavour and lends the dish an irresistible golden hue. Dig in!

Pantry items Olive Oil, Butter

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan · Medium or large baking dish

Ingredients

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	2 People	4 People	
olive oil*	refer to method	refer to method	
leek	1	2	
lemon	1/2	1	
garlic	2 cloves	4 cloves	
diced chicken	1 medium packet	2 medium packets OR 1 large packet	
Nan's special seasoning	1 medium sachet	1 large sachet	
soffritto mix	1 medium packet	1 large packet	
risotto-style rice	1 packet	2 packets	
chicken-style stock powder	1 large sachet	2 large sachets	
water*	21/4 cups	4½ cups	
dijon mustard	1 medium packet	2 medium packets	
butter*	20g	40g	
grated Parmesan cheese	1 medium packet	1 large packet	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2582kJ (617cal)	271kJ (65cal)
Protein (g)	47g	4.9g
Fat, total (g)	7.3g	0.8g
- saturated (g)	3.1g	0.3g
Carbohydrate (g)	84g	8.8g
- sugars (g)	10.1g	1.1g
Sodium (mg)	1829mg	191.7mg
Dietary Fibre (g)	4.3g	0.5g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

- Preheat oven to 220°C/200°C fan-forced. Thinly slice leek. Slice lemon into wedges. Finely chop garlic.
- In a large frying pan, heat a drizzle of olive oil over medium-high heat.
 When oil is hot, cook diced chicken and Nan's special seasoning, tossing occasionally, until just browned, 3-4 minutes (it'll finish cooking in the oven!).
- Transfer **chicken** to a baking dish.



Bake the risotto

- Transfer risotto mixture to baking dish with chicken.
- Cover tightly with foil and bake until liquid is absorbed and rice is 'al dente',
 24-28 minutes.
- When risotto is done, remove from oven. Stir through dijon mustard, the butter, a squeeze of lemon juice and half the grated Parmesan cheese.
 Season to taste.

TIP: 'Al dente' rice is cooked through but still slightly firm in the centre.
TIP: If the risotto is dry, stir through a splash of water.



Start the risotto

- Return frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook leek and soffritto mix until tender, 4-6 minutes.
- Add garlic and cook until fragrant, 1 minute.
- Add risotto-style rice, chicken-style stock powder and the water
 (2½ cups for 2 people / 4½ cups for 4 people). Stir to combine and bring to the boil.



Serve up

- Divide cheesy mustard chicken risotto between bowls.
- Garnish with remaining Parmesan cheese. Serve with remaining lemon wedges. Enjoy!







